

# Vegetarian Chili

**Makes:** 4 servings

## Ingredients

- 2 onion (large, cut into 1/4 inch pieces)
- 1 green bell pepper (cut into 1/4 inch pieces)
- 3 garlic clove
- 2 jalapeno chilis (fresh, diced)
- 2 **tablespoons** vegetable oil
- 1 **tablespoon** chili powder
- 1 **tablespoon** cumin (ground)
- 2 **cans** whole tomatoes (28 ounces total - cut into 1/4 inch pieces or 8 medium fresh tomatoes)
- 2 zucchini (medium - cut into 1/4 inch pieces)
- 2 summer squash (medium - cut in to 1/4 inch pieces)
- 1 **can** kidney beans (16 ounce, rinsed)
- 1 **cup** cilantro (or coriander) (chopped, fresh)
- salt and pepper (to taste, optional)

## Directions

1. In a large pot saute onions, bell pepper, garlic, and jalapeno in oil over medium high heat for about 5 minutes - stirring often.
2. Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally.
3. Add the tomatoes, zucchini, squash, and bring mixture to a simmer.
4. Simmer for 15 minutes, stirring occasionally.
5. Add beans, and continue to simmer for another 5 minutes.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	300	
Total Fat	9 g	14%
Protein	13 g	
Carbohydrates	44 g	15%
Dietary Fiber	13 g	52%
Saturated Fat	1 g	5%
Sodium	310 mg	13%

6. Serve the mixture hot. Put remaining cilantro on top.

Johnson and Wales University and Rhode Island Department of Health WIC Program, Veggin' Out Recipe Book, page 32